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AMES BUILDING 'HEALTH EXERCISE' FACILITY

Project Work Outline

(Cost Projection Follows the Same Numerical Order as This Outline)

1. Remove existing partitioning and doors in project area.
2. Remove all single tube florescent fixtures (and associated wiring) in project area.
3. Relocate (higher position) a 1 1/2-inch gas line used for the emergency generator.
4. Install new surface mounted four tube florescent fixtures/w diffusers (approximately 15 units) in web area of pan casting on ceiling.
5. Install new metal stud/drywall partitioning with required doors and grills in gymnasium and locker room areas (floor to ceiling slab bottom).
6. Install new air handler and associated duct work in corridor space (outside of gym area) with supplies to all areas concerned in project.
7. Paint all ceiling areas (excluding shower) dark charcoal grey flat enamel (include light fixture housings and all miscellaneous plumbing and wiring).
8. All wall area (excluding shower area) shall be enameled (semi-gloss) building office white.
9. Color accent walls shall be painted in all areas (excluding shower area). Location and color choices shall be made by the Staff Architect at the time of construction.
10. Install medium grey "Heugatile" carpet squares throughout all areas (excluding shower area).
11. Paint all lockers (color choice by Staff Architect). (Lockers possibly may be obtained in a suitable color)
12. Provide all drains and plumbing required for the following:

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- a. Bullpen shower - two to three shower heads
 - b. Two sinks
 - c. Whirlpool bath
 - d. Two toilets
 - e. Washer/Dryer
 - f. Water cooler
13. Provide and install ceramic tile (selected by the Staff Architect) for all walls, floor and splash guard in shower area.
14. Epoxy enamel ceiling area of shower area. (Color choice by Staff Architect)
15. Provide and install (along with associated wiring) four to five, four-tube vapor proof florescent fixtures (surface mount) in shower area.
16. Provide and install toilet partitions, doors, and associated hardware in shower area.
17. Provide adequate exhausting in toilet/shower area.
18. Provide and install locker room benches.
19. Fabricate and install custodian area desk (optional) for gym area.
20. Provide and install all required electrical service for all areas concerned.
21. "Exit" marking lights shall be placed at all exits according to the Code.
22. Provide and install vent and exhaust for dryer.
23. Large (12-inch) overhead pipe in gym area shall be painted a bright color (as selected by the Staff Architect)
24. A water cooler shall be installed in the locker room area.

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25. All miscellaneous equipment shall be installed in the shower area, i.e., soap dispensers, towel racks, mirrors, etc.
26. Panic hardware shall be provided on the exit door leading to the loading dock area. This door shall be kept locked (from outside) and fully alarmed.
27. Provide and install all sinks, toilets, and whirlpool bath in shower area.
28. Install all permanent mount exercise equipment in gym area.
29. Install all required masonry wall partitioning in shower area (floor to ceiling slab bottom).
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λ 30. All spaces used by persons utilizing the gym facilities shall be painted (ceramic tiled) along with being fully carpeted (or ceramic tiled).